



**Lived Experience Informed Suicide Literacy** training provides critical insight into suicide through the lens of those who have experienced it, introducing participants to a different way of thinking about suicide and the role they can play in suicide prevention.

It will educate and empower employees to be proactive in recognising and responding to people in need of support, and to be part of creating a workplace where lived experience insights are valued and embedded.

The workshop is also a foundational entry point for organisations embarking on the culture change needed to move towards a whole of society approach to suicide prevention.

**DURATION OF THE WORKSHOP**

One day.

**WHO IS THE WORKSHOP FOR?**

This workshop is designed for organisations, workplaces and teams seeking to understand suicide more deeply, build their suicide literacy and lay the foundations for the culture change needed to create workplaces that embrace their role in suicide prevention broadly and value the integral role of people with a lived experience of suicide to drive the culture change.

**TOPICS COVERED:**

- What is a lived experience of suicide?
- Historical barriers to suicide prevention
- Behind every statistic is a person - what is the data telling us?
- Explore the complexity of suicide through our lens
- Suicide - the facts, the myths, the different perspectives
- The power of language
- Understanding the difference between mental health, mental illness and suicide
- Creating a workplace culture that values lived experience
- Lived Experience of suicide Engagement Principles
- Embedding lived experience into fabric of your organisation
- Intervention skills
- Self care

**ON COMPLETION OF THE WORKSHOP YOU CAN EXPECT TO BE ABLE TO:**

- Understand what a lived experience of suicide is
- Explore the power of language in the context of suicide
- Differentiate a lived experience of suicide from a lived experience of mental illness
- Recognise Lived Experience of Suicide Engagement Principles
- Explore workplace culture to support LE integration and partnership
- Appreciate the broad perspectives of lived experiences of suicide
- Recognise opportunities to promote suicide prevention in workplace
- Demonstrate self care



Roses in the Ocean  
stemming the tide of suicide